



HOSPICE of MOTHER TARA

Buddhist Meditation and Healing Centre

HMT is affiliated with the Foundation for the Preservation of the Mahayana Tradition founded in 1975 by two Tibetan Lamas, Lama Thubten Yeshe and Lama Thubten Zopa Rinpoche.

18 Clifton Street Bunbury WA 6230 t: 9791 9798 w: www.hmt.org.au e: welcome@hmt.org.au

January - March 2019

Attention & Happiness

by Fran Steele

What makes us happy? Advertising will give us lots of ideas about this but are they correct? And what kind of happiness are they talking about? We can have short term pleasure but that may be different to lasting happiness. When we really investigate, what does make us happy?



Certainly we need the basics of food and shelter but most of us know the mind is still dissatisfied. Scientific evidence is that a wandering mind is one predictor of unhappiness.

Matt Killingsworth tracked people throughout their day doing a range of activities and asked them whether they were focussed on that activity. He also asked them about their happiness. He found that people were less happy when their mind was wandering, even if they were doing something relatively unpleasant like being stuck in traffic. Over a large number of such results (15,000 people and 650,000 reports) he found that mind wandering caused the unhappiness, it was not a result of the feelings or of the activity.

Killingsworth also found that our minds wander a lot. People were thinking about something other than what they were doing 47 percent of the time. He comments, "how often a person's mind wanders and what they think about when it does, is far more predictive of happiness than how much money they make". These findings would suggest that most of us could benefit from training the mind to be attentive and to attend to what we are doing.

Since ancient times in India, techniques for cultivating attention have been known. Buddhism talks about taming the monkey mind. Perhaps in early human societies in

touch with their environment these skills were quite natural, as we paid attention to wild animals and how to survive each day. In our busier world they may have been lost but we can regain simple mindfulness and attention. We can develop "supermarket" mindfulness and "bank" mindfulness, where we observe our mind closely in potentially upsetting situations. Then we can move on to awareness of how to control our emotions so that we will no longer be angry and frustrated in queues or with staff. At Hospice of Mother Tara we have been leading guided meditations to help with attention and mindfulness for many years. Through our yoga we help people get in touch with body and breath, drawing the mind inward to balance and clam. Recently we have been extending this to the scientific analysis of emotions through our Cultivating Emotional Balance program. This program teaches us how to recognise emotions, and how to apply meditation techniques to our day to day experience.

When we discover the power of balancing our mind and can apply that to our everyday life we may discover, as the Hindu and Buddhist meditators have done, that there are many abilities within our mind that are untapped. We can use this marvellous mind to help ourselves be happier and then to help those we meet every day through our own inner calm and emotional intelligence.

COMING EVENTS



JANUARY
Buddhist Summer School co-led by Ven Tony



JANUARY
Summer Yoga with Gyani



JANUARY
Venerable Tony Beaumont teaching at HMT



JANUARY
Venerable Dondrub teaching at HMT



FEBRUARY
Losar 5 February



FEBRUARY
Day of Miracles 19 February



FEBRUARY
Venerable Tsapel teaching at HMT



MARCH
Geshe Sonam teaching at HMT

Teachings

VENERABLE TONY BEAUMONT

Venerable Tony's first intensive contact with Buddhism was in Nepal and India in 1976-77.

He returned to Australia, working as a psychiatric nurse for four years before moving to Queensland's Chenrezig Institute where he lived and worked for most of the 80's.

Venerable Tony gained full ordination in 1993. Since then he has been based at Nolanda Monastery in France and Thubten Shedrup Ling Monastery in Bendigo, where he was director for 4 years. Venerable Tony is currently teaching at the Chenrezig Institute. He has taught Lam-Rim courses, the Discovering Buddhism Programme, led various retreats and taught in prisons and schools.



BUDDHIST SUMMER SCHOOL

with Venerable Tony Beaumont

Tues 8, Wed 9, Thurs 10, Tues 15, Wed 16, Thurs 17 January

6 sessions over 2 weeks, 10 am - 12 noon

Fee: \$100

Did you ever want to know about Buddhism?

Come along over the summer break and Venerable Tony will explain the essence of the Buddha's teachings. Venerable Tony regularly teaches part of the Introductory Program at Tushita in India, which is attended by people from all around the world. During the 6 sessions spaced over 2 weeks, he will explain the meaning, philosophy and practice of Buddhism.

You do not need to be Buddhist or wishing to be Buddhist to attend. Simple curiosity will be fine. Venerable Tony will be open to question and argument.

TRANSFORMING PROBLEMS INTO THE PATH

with Venerable Tony Beaumont

Monday 7 and Monday 14 January, 7 pm

Fee: \$18/15 members & concessions per session

We all have problems. Perhaps we might face the loss of someone we love. This is difficult but if we have the perspective of the path set out by Shakyamuni Buddha, we can see this problem as an opportunity to understand our suffering and the suffering of others. We can apply antidotes to states of depression or anxiety. We may not change the situation we are in, but it can become a tool for confirming to ourselves the power of the Buddha's insights. This in turn helps us to have faith in the Buddha's entire pathway to the cessation of suffering.

CALMING THE GREEN -EYED MONSTER WHAT YOU CAN DO TO GENERATE CONTENTMENT

with Venerable Tony Beaumont

Saturday 12 January, 10.00 am - 4.00 pm

Facility Fee: \$65/55 members & concessions

In our world we are surrounded by advertising and peer pressure that makes us want more and more. We may find ourselves longing for things and lifestyles we can never have. Instead of contentment we have dissatisfaction and the discomfort of jealousy. Finding joy in the achievements and happiness of others is not easy. We can workshop some of our experiences around jealousy and look at some methods to reduce its effect in our lives. Includes meditations on rejoicing.

Please bring a vegetarian plate to share

VENERABLE DONDRUB

Our revered teacher Venerable Dondrub returns after many years in Adelaide. Catch up with him teaching the Lam Rim in a semi retreat style. Or come along for the first time and get an introduction to the Buddhist path taught by an experienced presenter of the famous Kopan course.

For the experience of one student of this course in teachings with Venerable Dondrub click: <https://fpmt.org/mandala/archives/mandala-for-2017/january/building-a-foundation/>



SYMBOLISM OF THE STUPA

with Venerable Dondrub

Monday 21 January, 7 pm

Fee: \$18/15 members & concessions

Hospice of Mother Tara is hoping to place a stupa in our grounds. What is the significance of the stupa? What message is wrapped in the shape and form of various stupas, and why are they powerful objects to circumambulate.

Venerable Dondrub is leading a pilgrimage to Nepal after he leaves Bunbury and has taken many of our regular students on pilgrimage in the past. Take advantage of Venerable Dondrub's extensive knowledge of Buddhist ritual and come and hear his teaching.

LAM RIM NON-RESIDENTIAL RETREAT

with Venerable Dondrub

Friday 25 (evening), Saturday 26 and Sunday 27 January

Fee: \$18 Fri only; \$100/90 Sat & Sun only; \$65/55 Sat only; \$45/35 Sun only; \$110 all sessions

The intention is to cover the entire Lam rim - precious human rebirth, certainty of death, karma, refuge, bodhicitta and emptiness. Both meditations and teachings are included.

Friday 25 January, 7.00 pm
Introductory talk.

Saturday 26 January

Precepts at dawn, time TBA, followed by teachings and an evening session at 7 pm. Shared lunch of non-black foods before 12 noon. Please bring something to share (black foods are meat, egg, onion and garlic).

Sunday 27 January, 10.00 am - 4.00 pm
The group will buy in lunch on this day.

VENERABLE TSAPEL

Venerable Tenzin Tsapel was inspired to become a Buddhist after she met Lama Yeshe and Lama Zopa in 1979. She was ordained five years later by H.H. the Dalai Lama. Tsapel served as a resident teacher at FPMT Centres in Sydney, New Zealand and in Mongolia. She also taught and/or tutored at the Chenrezig Nuns Community in QLD for seven years. Venerable Tsapel has led many group retreats and completed a number of solitary retreats including a two-year calm abiding (mindfulness) retreat on Kangaroo Island after attending a group retreat led by Alan Wallace. Currently, she is establishing a nunnery in Bendigo, Victoria.



A DEEPER LOOK AT THE MIND. THE PATH TO PEACE.

with Venerable Tsapel

Monday 11 & Monday 18 February, 7.00 - 8.30 pm

Facility fee: \$18/15 per session

The great translator and Tibetan yogi Domtronpa said "Turn your mind away from attachment to the sense world and worldly pleasures." Attachment masquerades as a kind friend but to discover its deceptive nature opens the door to stable happiness and inner peace.

WISE UP TO NEGATIVE EMOTIONS.

with Venerable Tsapel

Friday 15 Feb, 7.00 - 8.30 pm, AND Saturday 16 Feb, 10.00 am - 4.00 pm

Fee: \$70/\$60 both sessions; \$18/15 Fri only; \$65/55 Sat only

Find peace beyond bad habits of anger, craving & pride.

Lama Yeshe says that "Meditation explodes the belief that satisfaction depends on circumstances... Satisfaction comes from wisdom not external things."

We will have a shared vegetarian lunch on the Saturday. Please bring something to share.

INTENSIVE AWARENESS AND LOVING-KINDNESS.

with Venerable Tsapel

Friday 22 Feb, 7.00 - 8.30 pm, AND Saturday 23 Feb, 10.00 am - 4.00 pm

Fee: \$70/\$60 both sessions; \$18/15 Fri only; \$65/55 Sat only

"Satisfaction does not depend on material objects; satisfaction comes from simplicity... Being detached means being a little more easy-going, not hanging on too tightly. It means making yourself a little bit loose instead of always being uptight." We will explore Lama Yeshe's OM AH HUM mantra meditation that is designed to give us some meditative experience on wisdom and method, and to help us understand the pure nature of our mind.

The group will buy in lunch on this Saturday.

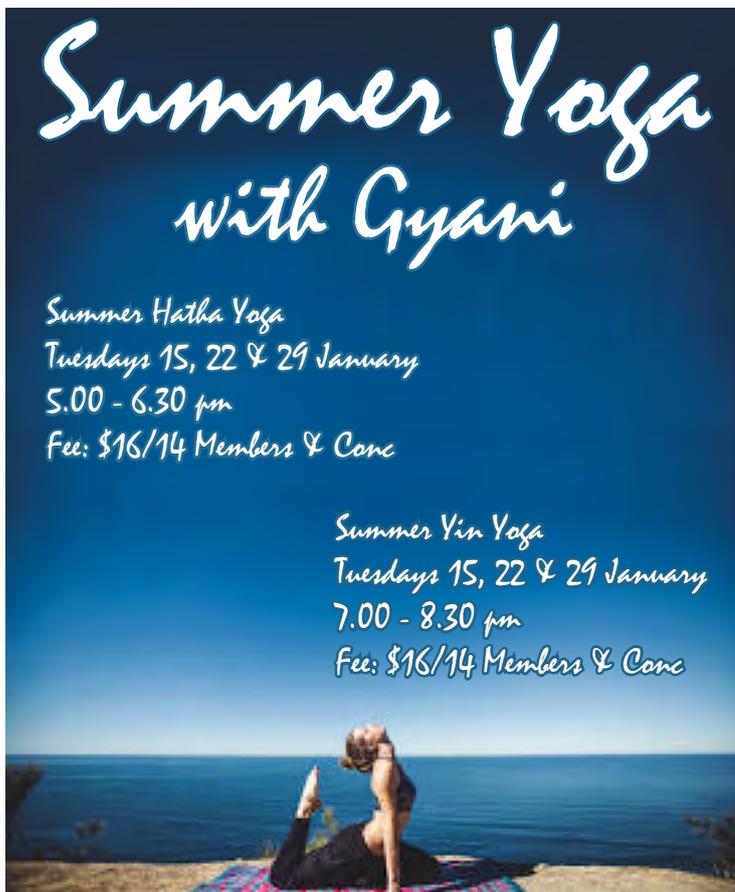
Continued on page 5

www.hmt.org.au

Please check the HMT website for updates on teachings, practices, meditation, yoga and special events offered.

JANUARY 2019

MON	TUES	WED	THUR	FRI	SAT	SUN	
	1	2	3	4	5	6 Sunday Meditation 9-10 am	
7 Teachings with Ven Tony Transforming problems into the path 7.00 pm	8 Buddhist Summer School with Ven Tony 10.00 am	9 Buddhist Summer School with Ven Tony 10.00 am	10 Buddhist Summer School with Ven Tony 10.00 am	11	12 Workshop with Ven Tony Calming the Green- Eyed Monster 10.00 am	13 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am	
14 Tara Puja 2.00 pm Teachings with Ven Tony Transforming problems into the path 7.00 pm	15 Buddhist Summer School with Ven Tony 10.00 am Summer Yoga with Gyani Hatha 5.00 pm Yin 7.00 pm	16 Buddhist Summer School with Ven Tony 10.00 am Guru Puja 5.00 pm	17 Buddhist Summer School with Ven Tony 10.00 am	18	19 Medicine Buddha Puja 10.00 am	20 Sunday Meditation 9-10 am	
21 Teachings with Ven Dondrub Symbolism of the stupa 7.00 pm	22 Summer Yoga with Gyani Hatha 5.00 pm Yin 7.00 pm	23 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	24	25	26	27 Sunday Meditation 9-10 am	
28	29 Summer Yoga with Gyani Hatha 5.00 pm Yin 7.00 pm	30 Healthy Mind/Healthy Body 10-11.15 am Guru Puja 5.00 pm Guided Meditation 5.45 - 6.30 pm	31	Lam-Rim Non-Residential Retreat Friday 25 - Sunday 27 January			



Summer Yoga with Gyani

Summer Hatha Yoga
Tuesdays 15, 22 & 29 January
5.00 - 6.30 pm
Fee: \$16/14 Members & Conc

Summer Yin Yoga
Tuesdays 15, 22 & 29 January
7.00 - 8.30 pm
Fee: \$16/14 Members & Conc



Monk Sponsorship

Hospice of Mother Tara organises a Monk Sponsorship Program to assist monks in the Sera Je Monastery in India. In keeping with the preservation and protection of the spiritual heritage and monastic traditions, it is important to look after the needs of the monks to enable them to carry on their training and studies without distraction or disruption.

The program provides essential items such as medical care, texts and robes and various incidentals. Most of the monks have no monetary income and many who have left Tibet have no relatives in India to help support them. The cost per monk per year is \$120.

Many of the monks sponsored by the program will provide teaching, guidance and inspiration to hundreds of people like us all over the world, therefore contributing to this program is an extremely virtuous activity which will create a lot of merit and benefit many people.

Further information can be found on The Good Fortune Trust website www.goodfortunetrust.org or please contact the HMT Monk Sponsorship co-ordinator Sonia Burns by emailing monksponsor@hmt.org.au.

FEBRUARY 2019

MON	TUES	WED	THUR	FRI	SAT	SUN
				1	2	3 Sunday Meditation 9-10 am
4	5 Losar Precepts at dawn Followed by Sutra reading	6 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	7	8	9	10 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
11 Teachings with Ven Tsapel A Deeper Look at the Mind 7.00 pm	12	13 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	14 Tara Puja 7.00 pm	15 Workshop with Ven Tsapel Wise Up to Negative Emotions. 7.00 pm	16 Workshop with Ven Tsapel Wise Up to Negative Emotions. 10.00 - 4.00 pm	17 Sunday Meditation 9-10 am
18 Teachings with Ven Tsapel A Deeper Look at the Mind 7.00 pm	19 Day of Miracles Lama Chopa (no Tsog) 2.00 - 4.00 pm	20 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	21	22 Workshop with Ven Tsapel Intensive Awareness & Loving-Kindness. 7.00 pm	23 Workshop with Ven Tsapel Intensive Awareness & Loving-Kindness. 10.00 - 4.00 pm	24 Sunday Meditation 9-10 am
25	26	27 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	28			

MARCH 2019

MON	TUES	WED	THUR	FRI	SAT	SUN
				1 Guru Puja 5.00 pm	2	3 Sunday Meditation 9-10 am
4 Meditations on Compassion 7.00 pm	5	6 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	7	8	9	10 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
11 Teachings with Geshe Sonam Atisha's Lamp to the Path 7.00 pm	12	13 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	14 Tara Puja 7.00 pm	15	16 Guru Puja 10.00 am	17 Sunday Meditation 9-10 am
18 Meditations on Compassion 7.00 pm	19	20 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	21	22	23 Medicine Buddha Puja 10.00 am	24 Sunday Meditation 9-10 am
25 Meditations on Compassion 7.00 pm	26	27 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	28	29	30 Guru Puja 10.00 am	31 Sunday Meditation 9-10 am

Continued from page 2

GESHE SONAM

Each month we are very blessed to have Geshe Sonam join us at HMT.

Geshe Sonam is the resident teacher at Hayagriva Buddhist Centre and he brings many years of learning and debating to our centre.



LAM-RIM TEACHINGS

with Geshe Sonam

Monday 11 March, 7.00 pm

Facility Fee: \$20

Geshe la will resume his teachings on Atisha's Lamp to the Path in March.

Holy Days

LOSAR (TIBETAN NEW YEAR)

Tuesday 5 February

Precepts at dawn, Sutra reading following Precepts

This year, Tibetan New Year or Losar, falls on Tuesday 5 February. This day also marks the passing of Lama Yeshe, the founder of the FPMT.

In 1984, twenty minutes before dawn on the first day of the Tibetan New Year, the heart of Lama Thubten Yeshe stopped beating. He was forty-nine years old. In the FPMT-world, Losar has since become Lama Yeshe Day.

Join us to remember and pay tribute to the founder of the Foundation for the Preservation of the Mahayana Tradition, the international organisation that our Centre is a part of. Lama Yeshe was a great yogi and teacher, an extraordinary man who moved the hearts of thousands during his fifteen brief years among Westerners



DAY OF MIRACLES

Tuesday 19 February

Lama Chopa (no Tsog), 2.00 - 4.00 pm

Chotrul Düchen, the Day of Miracles, commemorates one of the four great deeds of the Buddha. It marks the end of a fifteen day period during which the Buddha performed numerous inspiring feats in order to overcome sceptics, and help increase the faith and diligence of his students.

It is part of the Buddhist tradition to engage in virtuous activities and prayer on Buddha days as a way of accumulating merit.

The time between Losar and the Day of Miracles is a holy time in which all positive merit is multiplied many millions of times.



“Medicine Buddha practice helps to bring prosperity, both in spiritual practice and materially. The benefits are contained in the Medicine Buddha Sutra. There are mind-blowing benefits!

This helps in spiritual development and to receive all the needs to benefit for other sentient beings, all the conditions, the material needs, for success in all projects.

Medicine Buddha is powerful purification.

It is one of the best things to do for someone who has passed away.

It is not only for sickness, it is for anything.”

Lama Zopa Rinpoche

Practices

GURU PUJAS

January: Wednesday 16, 5.00 pm
Wednesday 30, 5.00 pm

February: Tsog TBA

March: Friday 1, 5.00 pm
Saturday 16, 10.00 am
Saturday 30, 10.00 am

The Guru Puja practice provides us with a unique opportunity to come together in Dharma friendship and share in the joyful and meritorious activity of offering thanksgiving to all our most kind teachers. It is also the quickest way to accumulate merit and purify negative karma. The puja text is available at HMT. Offerings of food, flowers or candles are appreciated.

MEDICINE BUDDHA PUJAS

January: Saturday 19, 10.00 am

March: Saturday 23, 10.00 am

Lama Zopa Rinpoche is advising all the centres that it would be extremely good to practice the Medicine Buddha Puja.

The Seven Medicine Buddhas made special prayers to benefit beings of degenerate ages, so the practice is considered amongst the most powerful and brings great blessings quickly. This practice purifies and heals on all levels – physical, mental, spiritual and environmental.

The Medicine Buddha Puja is conducted primarily in English and is suitable for people who are new to Buddhism. This is a monthly event and all are welcome. Offerings of food, flowers or candles are appreciated.

TARA PUJAS

January: Monday 14, 2.00 pm

February: Thursday 14, 7.00 pm

March: Thursday 14, 7.00 pm

The Buddha Tara embodies the wisdom and the compassion of all enlightened beings. In this ceremony, meditational prayers are offered to the Buddha Tara to request her blessings or help.

Lama Zopa Rinpoche advises that there are many benefits from reciting the Tara mantra or Praise to the Twenty-One Taras and that Tara is particularly quick to grant help.

This is a bi-monthly event and all are welcome.

PRAYERS FOR THE DECEASED

Held on the second Sunday of each month, 7.30 am

Prayers for the deceased is a wonderful practice. Many people feel greatly comforted to know that so many holy and other beings are praying for their deceased loved ones. All welcome.

Meditation

HEALTHY MIND/HEALTHY BODY

Wednesdays, 10.00 - 11.15 am

Introducing ancient and simple meditation and relaxation techniques to help with emotional difficulties, stress, pain and illness for the purpose of developing increased awareness, balance, vitality and meaning in everyday life. By donation. All welcome.

GUIDED MEDITATION

Foundational and analytical meditation, Wednesdays, 5.45 - 6.30 pm

Take the opportunity to learn about the nature of one's mind and to practise simple and safe techniques to calm the mind, eliminate tension and develop concentration. Analytical meditation enables us to develop insight and wisdom. Suitable for both the beginner and more advanced practitioner. By donation. All welcome.

SUNDAY MEDITATION

Mind caring meditation, Sundays, 9.00 – 10.00 am

The meditations are based on universal themes like compassion, respect, mutual understanding and happiness. These sessions will include meditational techniques such as focusing on the breath, visualization and experiential themes. Suitable for both the beginner and more advanced students and practitioners. By donation. All welcome.

MONDAY MEDITATIONS

Meditations on Compassion, Monday 4, 18 & 25 March, 7.00 pm (unless otherwise advised)

Meditations on Compassion led by senior students. By donation.

Continued on page 6

Continued from page 5

Reiki

Sundays, 11.00 am - 12.00 noon, \$35 per session

Janet Innes (0418 955 088) is organising Reiki sessions from 11.00 am to 12.00 pm on Sundays. The cost is \$35 and concessions may be available on request. Please phone to book a session. All proceeds go to HMT. Please come along and be pampered.

Summer Yoga

If you just can't wait for the new term, join us for a series of yoga classes during the January holidays.

SUMMER HATHA YOGA

With Gyani

Tuesdays 15, 22 & 29 January, 5.00 - 6.30 pm

Fee: \$16/14 members & concessions

With these classes, Gyani will guide you through a series of yoga postures and breathing exercises, helping you to relax your mind and body. You'll leave class feeling longer, looser, and more relaxed.

SUMMER YIN YOGA

With Gyani

Tuesdays 15, 22 & 29 January, 7.00 - 8.30 pm

Fee: \$16/14 members & concessions

New to Yin? A Yin yoga class focuses on more long-held poses, where you relax in the posture and soften the muscle. It's a slow-paced style of yoga, helping you to slow your mind and body, whilst increasing circulation in the joints and improving flexibility. Try something new for the New Year!

Yoga

HATHA YOGA: TERM 1 2019

with Delphine, Gyani, Ines, Judy, Kerry, Mo & Rosemary

Term 3: Monday 4 February to Thursday 11 April

The HMT yoga classes run in a 10 week term. All levels are welcome.

Registrations are taken for the term. You can pay on a casual class-by-class basis in some classes. Please contact HMT for registration.

Term Fee:	90 min	\$140/\$120 (members or conc)
	60 min	\$100/\$90
Class Fee:	90 min	\$16/\$14 (members or conc)
	60 min	\$12/\$10

YOGA CLASS TIMES

Monday	5.00 - 6.30 pm	Gyani
Tuesday	6.00 - 7.30 am Ashtanga Vinyasa	Rosemary
Tuesday	10.00 - 11.30 am	Gyani
Tuesday	5.00 - 6.30 pm	Kerry
Tuesday	7.00 - 8.00 pm Yin Yoga	Gyani
Wednesday	8.30 - 9.30 am Men's Class	Rosemary
Wednesday	7.00 - 8.30 pm	Judy
Thursday	6.00 - 7.30 am Ashtanga Vinyasa	Rosemary
Thursday	9.00 - 10.30 am	Rosemary
Thursday	5.00 - 6.30 pm	Mo



Find us on Facebook for all things yoga!
Search "Tara Yoga Bunbury"

FROM THE DIRECTOR

Dear Members and Friends,

Christmas always catches me by surprise even though it comes around every year. For me, it is a wonderful time when work slows down and there's more time for family and friends and even a little me time. I hope you all had some time for family and friends and a chance to slow down over Christmas.

I'm looking forward to the fantastic teachers and teachings we have coming in January and February. How wonderful it will be to have Venerable Dondrub back in the centre for the first time since he moved to South Australia and Buddha House.

I'm also sad to see Fran Steele leaving the SPC position at the centre. Fran has been looking after the spiritual programme at HMT for the last five years, putting in many hours organising our annual programme of visiting teachers.



In a small centre like ours, the SPC role comes with many other tasks. Fran has been managing the shop, organising the newsletter and keeping our website up to date. She put in a huge effort helping to renovate our new centre. Committee, members and I greatly appreciate Fran's dedication to the role and to Hospice of Mother Tara.

Love and Prayers

Julie

Julie Halse, Director

MERIT BOXES

In order to cultivate generosity as part of a daily practice, as well as foster an international spirit of harmony and cohesion amongst the FPMT community, FPMT International Office is happy to present the International Merit Box Project. The original Merit Box Project began in 2001, and every year thousands of dollars are collected from FPMT students, centres and projects worldwide, and disbursed through grants to eligible FPMT projects and initiatives.

Hospice of Mother Tara sends money collected to FPMT International Office on Lama Tsong Kapa Day each year. Please convert your coins to notes or a cheque as lots of change is difficult to handle. If you would like to join the merit box project, call in or contact the office.

HOSPICE of MOTHER TARA

Buddhist Meditation and Healing Centre

SPIRITUAL DIRECTOR:
Venerable Lama Thubten Zopa Rinpoche

DIRECTOR: Julie Halse

SPIRITUAL PROGRAMME COORDINATOR:
Fran Steele

SECRETARY: Glynis Jeffery

TREASURER: Beth Golden

COMMITTEE MEMBERS:
Jodie Berryman & Paul Kersten

YOGA COORDINATOR: Vacant

SHOP COORDINATOR: Jodie Berryman

MEMBERSHIP COORDINATOR:
Vacant

LIBRARY OFFICER: Juliet Harrop

MONK SPONSORSHIP & MERIT BOX
COORDINATOR: Sonia Burns

BOOKKEEPER: Beth Golden

WEBSITE: Fran Steele

NEWSLETTER EDITOR: Fran Steele

NEWSLETTER: Joanne Flatt



Dharma Material

HMT newsletters contain sacred images and Dharma teachings.

Dharma material should be burned, not thrown out.

Please cut out any pictures of holy teachers or images and return to HMT.

At the request of Kyabje Thubten Zopa Rinpoche these images will be included inside stupas.

While burning recite OM AH HUNG and visualise that the printed words absorb into AH and the AH absorbs into you.